

# Juice Tips for Parents



- Juice is an excellent dietary source of:



Vitamin A  
Vitamin C  
Potassium



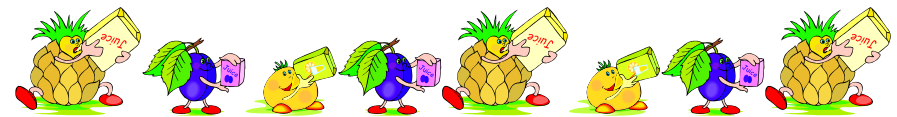
- Giving your child juice in serving size amounts may help relieve constipation.
- Juice is a great way to provide variety to your child's diet.
- Start juice when your baby is no younger than 6 months of age and can drink from a cup.



Mix juice half and half with water.

Cut back on the water by small amounts until you are giving your child full strength juice.

- Juice should not replace other fruits and vegetables in your child's diet.
- Feed your child 100% juice. Avoid drinks that are mainly sugar and water such as Kool Aid®, punch, and pop.
- Juices high in sorbitol content may cause your child to have colic, diarrhea, or gas.



Apple and Pear juices are higher in sorbitol.



Orange and Vegetable juices are lower in sorbitol.

- Too much juice:



You can give your child too much juice. Like food, juice contains calories, and extra calories in your child's diet may cause too much weight gain.



These extra calories may cause your child to not be hungry. Not eating proper servings from all of the food groups may cause your child to not have a balanced diet.



Extra juice may also cause diarrhea. Parents should give infants no more than 2-4 ounces (1/4-1/2 cup) of juice a day and children 4-6 ounces (1/2-3/4 cup) of juice a day.

4,000 copies of this publication were printed by the SD Department of Health at a cost of \$.05 per copy.

8/04

NUT 042